

# MY PERSONAL SAFETY PLAN

## Before a Violent Incident



I can tell my partner is going to become violent when they:

- 1.
- 2.
- 3.
- 4.

In the past, my partner has calmed down when:

- 1.
- 2.
- 3.
- 4.

I can use any of these excuses to get out of the house if I become scared:

- 1.
- 2.
- 3.
- 4.

I will pack these items in my emergency bag:

- 1.
- 2.
- 3.
- 4.

- 5.
- 6.
- 7.
- 8.

I will keep my emergency bag at:

## During a Violent Incident

I will try to get out of the house by:

I can run to these family, friends, or neighbors for help:

- 1.
- 2.
- 3.
- 4.

After I call 911, I can call these family, friends, or neighbors for help:

- 1.
- 2.
- 3.
- 4.

If I can't leave, I can lock myself in or hide in any of these places:

- 1.
- 2.
- 3.
- 4.

# Regarding My Children

Our family safe-word or phrase is:

During a violent incident, the plan for my children is to:

- 1.
- 2.
- 3.
- 4.

Ways to talk to my kids about our safety:

- 1.
- 2.
- 3.
- 4.

## Other Concerns About My Safety

- 1.
- 2.
- 3.
- 4.

- 1.
- 2.
- 3.
- 4.

## Important Phone Numbers

Emergency

911

Non-Emergency

(615) 862-8600

MNPD Domestic Violence Division

(615) 880-3000

PCAT 24/7 hotline

1-800-356-6767

YWCA 24/7 hotline + shelter

1-800-334-4628

Morning Star Sanctuary 24/7 hotline + shelter

(615) 860-0003

Family Safety Center

(615) 880-1100

Jean Crowe Advocacy Center (court)

(615) 862-4767

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